



Strawberry Detox Water

INGREDIENTS

About 12 strawberries quartered,
or as many as you prefer!

1 lemon, thinly sliced

Mint leaves to taste

Ice and purified water



DIRECTIONS

Place lemon and strawberries in bottom of a large pitcher; add a layer of ice then fill with water. Refrigerate for about an hour to infuse water with fruit. Add mint leaves to taste. You can refill pitcher with water a couple of times before needing to refresh fruit, if you keep refrigerated.